

Sensory Move & Mingle Online Sessions

Welcome to our new pilot programme designed to support you to get moving and socialising locally.

Covid 19 has affected our lives in many ways and the lockdown has affected some more than others. We understand the barriers people with sight and /or hearing loss have faced accessing physical exercise while we are in lockdown. We also understand the importance of chatting with others to reduce feelings of isolation while our usual activities are interrupted.

We are offering a new opportunity to address these issues via an online platform.

Our aims are to support you to:

- Improve your general fitness and mobility in a safe and accessible way.
- Increase your social contacts and opportunities to meet people.
- Share local information with others in Essex.
- Improve your confidence using an online platform such as Zoom.

This is a ten-week pilot project enabling us to assess its value and impact. We welcome suggestions of activities to be included and the direction in which this group takes from all participants, so please engage with us as it evolves.

Important disclaimer

Whilst Colchester United Football Club & ECL Sensory Service are working hard to share accessible content which allows you to stay active in your home environment, we can accept no responsibility for any harm or injury that befalls you whilst taking part in any of our suggested activities.

The activities in the session are intended to assist you to stay healthy and active and should not be construed as medical or clinical advice. Please stop activity immediately if you feel any pain or dizziness, let us know and if necessary, consult a health care professional.

Please complete the registration form on the following page to participate in the online group and activities. Once complete return the form to SAA@essexcares.org.



Registration and consent form

Name

Date of birth

Age

Contact Number

Email address

Address

Postcode

Emergency Contact Name

Emergency Contact Number

Please tell us about any pre-existing injuries, impairments or health concerns that may affect your ability to undertake some of the suggested exercises:

On a scale of 1 to 10, with 1 being poor to 10 being excellent, how do you currently feel about your:

Level of movement and fitness: 1 2 3 4 5 6 7 8 9 10

Social Engagement / Isolation: 1 2 3 4 5 6 7 8 9 10

Confidence using technology: 1 2 3 4 5 6 7 8 9 10

Please could you also tell us what you are hoping to achieve from this 10-week program?

Data protection

This information will be held by ECL Sensory. We are committed to keeping your information secure. For further details please see [https://www.ecl.org/privacy-
notices-and-cookies](https://www.ecl.org/privacy-
notices-and-cookies)

Joining Instructions and information

CUFC will be running the movement session.

ECL Sensory will support access queries and host the social session.

CUFC to host the video and will ensure Zoom is fully secure and the room locked down to prevent Zoom bombing.

This is expected to be a one-hour session half movement and half social. Should we need to add 15 minutes for settle in time we will extend the session.

The first session will be relaxed – learning for all, introductions and practicalities and zoom practice.

You will need to secure the device you are using (mobile phone, tablet etc) onto a stable surface.

A standard dining chair will be needed for some of the seated exercises and to provide balance and ensuring you remain in line of sight with the camera.

Please position your camera facing the chair.

You will need a little space to move around your chair.

Please ensure you have drinking water within reach.

Please wear comfortable non-restricting clothes.

Zoom instructions:

(camera and mic on/off etc)

We look forward to joining you soon

Thank you